Instructor
Theresa Tkacik MS, RD, LD
Email: Through this course
Office: Online
Department Phone: 936-468-4502
Course Time & Location: online
Credits: 3 semester hours
Office Hours: By appointment only

Prerequisites
None required; chemistry and biology helpful

Required Texts

Course Participation
Self-discipline and regular participation are requirements for students in this online course. An online course is NOT easier than a face-to-face course and may actually require more time than a traditional classroom experience. Students in an online class are expected to have the maturity and self-discipline to remain current with assignments and tests as listed in the course outline below. Please email me through this course only for a faster reply at all times; I will respond within 48 hours. Emails sent after noon on Fridays will be answered the following Monday.

Do not wait until the last minute to do an assignment and then tell me you have computer problems if you are unable to complete the assignment or test by the due date/time. Students should familiarize themselves with the University policies in the event dropping this course is required. It is the student’s responsibility to initiate a drop procedure. The last day to drop is **Wednesday, March 21, 2012**.

Course Description
A study of nutrition and food as applied to daily living. This course provides information on basic nutrition and wellness concepts in relation to the individual and family throughout life.

Intended Learning Outcomes/Goals/Objectives
The learning objectives for this course have been selected as to align with the following selected items:

1. Mission of Stephen F. Austin State University is “… to provide students a foundation for success, a passion for learning, and a commitment to responsible global citizenship in a community dedicated to teaching, research, creativity and service.”

2. Core Values of Stephen F. Austin State University (SFA):
1. Learning: Each student is expected to emerge from the University as an educated person of integrity, thoroughly knowledgeable in one or more specific fields and capable of analytical reasoning.
2. Academic Achievement: Educational experiences are provided that will empower each student to succeed. The University values knowledge, understanding, wisdom, diligence, integrity, high principles, enthusiasm, and responsibility along with consideration for all peoples of the world.
3. Mission of the SFA College of Education (COE) is “… to prepare competent, successful, caring and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development.”
4. Values of COE
   1. Academic excellence through critical, reflective and creative thinking
   2. Openness to new ideas, culturally diverse people, and to innovation and change
   3. Integrity, responsibility, diligence, and ethical behavior
5. Mission of the Department of Human Sciences (HMS) is “To prepare professionals to seek and apply knowledge of Human Sciences for the benefit of individuals, families and communities in a global environment.”

Upon successful completion of this course, the student will be able to:

1. Understand basic human nutrition needs throughout the life *(4.4k).
2. Understand the relationship of digestion, absorption, and metabolism to optimal health *(4.3k).
3. Understand the function of carbohydrates, fat, proteins, vitamins, minerals, and water and their role in promoting and maintaining health *(4.1k).
4. Evaluate the effects of public policy on food, nutrition and health *(4.1s).
5. Evaluate the accuracy, reliability, validity, and use of nutrition and food science information and research *(4.4s).
6. Utilize basic nutrition knowledge and the dietary guidelines for making food choices that will promote optimal health *(4.6s).
7. Utilize available technology to determine caloric intake, energy expenditure, and the adequacy of nutrient intake compared to established standards.
8. Determine optimal body weight and relate energy balance to the problems of overweight and underweight.
9. Develop a wellness program that balances calorie needs, exercise, and a nutritious diet to achieve optimal body weight.
10. Recognize the role of emotional and social issues that influence food selection and attitudes towards health.
11. Assess the effects of diet foods, food additives, and eating disorders on wellness *(4.11s).
12. Explain the effects of genetically engineered foods on consumers’ health and safety *(4.14s).
13. Recognize the potential for food-borne illness to impair health and well-being.
14. Describe appropriate food safety practices, including sanitation procedures, that when utilized during food procurement, preparation, and storage will minimize the risk of food-borne illness.

Standard IV: Nutrition, Wellness, and Food Science: The family and consumer sciences teacher understands the principles of food science, food technology, and nutrition and their relationships to growth, development, health, and wellness; applies this understanding to support informed decision-making that promotes good health; and understands career opportunities in nutrition, wellness, and food science.

Course Assignments, Activities, Instructional Strategies, use of Technology:

Introductory Quiz
An introductory quiz in which the student documents: 1) that he/she has reviewed the syllabus and understands the expectations of the course, and 2) an understanding of how to navigate through an online course, is required before continuation in the course will be allowed. An orientation for taking online courses is available through the Web Links tab under Course Tools. The quiz may be taken as many times as needed in order to receive a perfect score. Upon receiving a perfect score, the student will be allowed to continue with the course.

On-line Activities
This is an on-line course, and students will be expected to participate in activities that utilize web-based resources. As the field of nutrition is continually updated, it is in the student’s best academic interest to receive activities periodically throughout the semester to keep as current as possible. There will be no points given for these activities however the module quizzes and final exam will have questions regarding these activities. Please review the University’s minimum hardware and software requirements for participation in an on-line course, as well as other recommendations, available at http://oit.sfasu.edu/webct/compreq.html.

Quizzes
Students are expected to read the assigned text as well as the online module. A quiz over the chapter/module material and any posted assignments, will be at the end of each module. There will be no “make-up quizzes.” Quizzes consist of 5-15 multiple choice, true-false, or fill in the blank questions.

<table>
<thead>
<tr>
<th>Evaluation and Assessments (Grading)</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Introductory Quiz</td>
<td>30</td>
</tr>
<tr>
<td>18 Chapter/Module quizzes</td>
<td>270</td>
</tr>
<tr>
<td>Comprehensive Final Exam</td>
<td>100</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>400</strong></td>
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Grade Assignment:

- 90% - 100% 360-400 points earned: A
- 80% - 89% 320-359 points earned: B
- 70% - 79% 280-319 points earned: C
- 60% - 69% 240-279 points earned: D
- Less than 60% <240 points earned: F

Tentative Course Outline/Calendar

<table>
<thead>
<tr>
<th>DATE</th>
<th>CHAP.</th>
<th>TOPIC</th>
<th>QUIZ</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/18 – 1/20</td>
<td>1</td>
<td>Role of Nutrition in Our Health</td>
<td>Quiz opens 8am 1/18 and closes 11:59pm 2/3.</td>
</tr>
<tr>
<td>1/23 – 1/27</td>
<td>2</td>
<td>Designing a Healthful Diet</td>
<td>Quiz opens 8am 1/23 and closes 11:59pm 2/3.</td>
</tr>
<tr>
<td>1/30 – 2/3</td>
<td>3</td>
<td>Are We Really What We Eat?</td>
<td>Quiz opens 8am 1/30 and closes 11:59pm 2/3.</td>
</tr>
<tr>
<td>2/6 – 2/10</td>
<td>4</td>
<td>Carbohydrates</td>
<td>Quiz opens 8am 2/6 and closes 11:59pm 2/10.</td>
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<tr>
<td>2/13 – 2/17</td>
<td>5</td>
<td>Fats</td>
<td>Quiz opens 8am 2/13 and closes 11:59pm 2/17.</td>
</tr>
<tr>
<td>2/20 – 2/24</td>
<td>6</td>
<td>Protein</td>
<td>Quiz opens 8am 2/20 and closes 11:59pm 2/24.</td>
</tr>
<tr>
<td>2/27 – 3/2</td>
<td>7</td>
<td>Fluid and Electrolyte Balance</td>
<td>Quiz opens 8am 2/27 and closes 11:59pm 3/2.</td>
</tr>
<tr>
<td>3/12 – 3/16</td>
<td></td>
<td>SPRING BREAK</td>
<td>Quiz opens 8am 3/19 and closes 11:59pm 3/23.</td>
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### Course Schedule

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Module Title</th>
<th>Quiz Details</th>
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</thead>
<tbody>
<tr>
<td>Monday May 7, 2012</td>
<td>Final exam</td>
<td>Final exam opens 8am and closes 11:59pm.</td>
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The first two module quizzes will be open for an extended time for students who may add the class after it has already started. For the remainder of the module quizzes (3-15), they will only be open until the end of the week as detailed above.

### Course Evaluations

Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

### Acceptable Student Behavior

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the Early Alert Program. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.

### Student Ethics and Other Policy Information

Attendance: Attendance is critical in this course for success. Students are expected to log-in on a regular basis. Any student having a PLANNED ABSENCE for an SFA university function MUST NOTIFY the professor IN WRITING (email through this course) prior to the absence. This notification must be accompanied by an official documentation stating the necessity of the absence. It is the responsibility of the student to make arrangements for missed time at least 72
hours BEFORE the absence occurs (weekends or holidays will not count as part of the 72 hours advance notice).

Class participation is extremely important. You must log-in on a regular basis and complete the activities prior to the due date.

Students with Disabilities – To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004/468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/. Location: Human Services Building, room 325. Phone: (936) 468-3004.

Academic Honesty – It is the policy of Stephen F. Austin State University that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University. The University defines Academic Dishonesty as including “…both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one's own work when, in fact, it is at least partly the work of another; (2) submitting a work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one's paper without giving the author due credit.” You may review the complete policy online through MySFA.

Disclaimer: This syllabus represents a “best” plan for this course; however, plans can change when circumstances necessitate change. Any changes to this syllabus will be announced to the class in a timely manner. Your feedback is greatly appreciated to aid in the development of this class for future semesters.